



Woolen Mill
4 Cataraqui St, Suite 110
Kingston, Ontario
K7L 1Z7

Full Circle Health Network

"In health, there is freedom"



Our Mission

Navigating the world of complementary health services can be daunting. This is why we have assembled a team of specialists who will meet you where you are, and take you where you want to go. We know there is more than one route to wellness, and there is more than one way to find it. When you step into our Circle, you can count on continuous care that starts and ends with you!

Our Philosophy

We are so proud of the expertise that flows through our practice and the sincere compassion that underpins our team! Our space radiates warmth because we believe that people matter: You matter, our practitioners matter, and our community matters. We do our best to make feeling great simple and easy, from our grounded sensibility right down to our online booking option, extended hours, and ample free parking.

Our Location

We are conveniently located in the beautiful and historic Woolen Mill in Downtown Kingston at 4 Cataraqui Street, Suite 110. There is ample free parking surrounding the entire building! Please use the copper doors on the main Cataraqui Street entrance on the North side of the building (before the River Mill Restaurant). We are the first suite on your left, through the double doors. Please remove your shoes and make yourself comfortable. If you have not completed the online Intake Form sent to you via email, please arrive ten minutes prior to your appointment.

If you are arriving after 5:30pm, please use buzz code 110, as the doors will be locked. To exit the building after 5:30pm the doors will be locked, but do not worry! Simply press the green exit button followed by the accessibility button to the left of the door, and away you go.



*"We will empower
you to find the path
that frees you to live
your best life."*

Policies

At Full Circle Health Network, when you see a price for services, that is exactly what you will pay. Where applicable, HST is included (unless stated otherwise). We accept cash, cheque, debit, Visa, Mastercard and American Express. Many of our services are covered by extended benefits plans and receipts are provided for all services. For more details, please check with your insurance provider.

Please arrive 5-10 minutes early for your Initial Appointment. To respect your practitioner's time, as well as the time of other clients, if you arrive late to your appointment, your session will still finish at its scheduled time.

We love our clients, but we also love being with our families. No-show appointments will be charged the full rate of missed appointments, since time we are not devoting to you is time we could be spending with our families.

Our Services

We would like to give you more perspective on what each holistic modality is great for helping when it comes to your wellness.

Acupuncture

A system of integrative medicine that involves pricking the skin or tissues with small needles

Hundreds of clinical studies on the benefits of acupuncture show that it successfully treats conditions ranging from musculoskeletal problems (back pain, neck pain, and others) to nausea, migraine headaches, anxiety, depression, mental wellness, insomnia, and infertility.

Osteopathy

A holistic manual therapy that emphasizes the manipulation and regulation of the joints and soft tissues.

Osteopathy works to balance your nervous, musculoskeletal, circulatory and lymphatic systems. Osteopathy can be particularly helpful for neck and back pain, sciatica, colic in infants, migraines, Irritable Bowel Syndrome (IBS), carpal tunnel, tennis elbow, frozen shoulder, scoliosis, whiplash, menstrual pain, nausea, and more.

Pulsed Electromagnetic Field Therapy

The use of electromagnetic waves to stimulate and encourage your body's natural recovery process.

This modality helps to improve circulation, decrease inflammation, aid in bone healing, enhance muscle function, reduce stress, and improve blood oxygenation and more.

OUR SERVICES

Pulsed Electromagnetic Field Therapy

Pulsed Electromagnetic Field Therapy (PEMF) is a safe, and non-invasive way to reduce pain and inflammation. It can be used to supplement and enhance currently existing healthcare modalities.

PEMF can be thought of as a whole-body (100 trillion cells) **battery recharger**. The machine uses healthy electromagnetic frequencies, as opposed to harmful EMFS that cell phones produce, to enhance overall health and wellness. PEMF is safe and efficient.

PEMF significantly increases circulation and has a wide variety of health benefits. For pain management, PEMFs can accelerate the healing process, reducing pain and allowing individuals to move more freely. As well, as PEMF may help with:

- Increase circulation
- Decrease inflammation
- Accelerate bone healing
- Enhance muscle function
- Reduce the effects of stress
- Improve blood oxygenation, and much more



How does it work?

Treatments are 20 minutes long, and may be directed at specific areas or to the entire body. As noted, the only contraindications are pregnancy and individuals with an implanted pacemaker or electrical device. You have 20 minutes of pure silence, where you can relax and cuddle up to one of our weighted Hush blankets during your treatment!

Fees

1 Treatment: \$45 (Price goes down to \$25 if used with another treatment [ex: acupuncture])

Unlimited 30 Days: \$150

Unlimited 3 Months: \$300

Annual Pass: \$600

OUR SERVICES

Acupuncture

Acupuncture affects every major system of the body, including the circulatory, genitourinary, endocrine, immune systems, cerebral, cardiac and gastrointestinal systems.

Clinical studies have observed several physiological effects of acupuncture, including increased circulation, decreased inflammation, relief from pain, relief of muscle spasms, and increased T-cell count, which stimulates the immune system.

This is why acupuncture works so well for many things from pain to inflammation, immune system regulation, to women's health and fertility, as well as anxiety and depression.



How does it work?

As part of Traditional Chinese Medicine, your acupuncturist may palpate your skin, feel your pulse or look at your tongue, depending on the treatment plan and what you are working on. They will then clean each area to be needled with alcohol, to prepare for the acupuncture. During this time, you may be chatting and sharing more information. The high-quality, sterile, single-use needles are held in a guide tube - a slim, plastic tube that holds the needles in place and allows for precision of the placement. You will feel the guide tube on your skin before the needle is gently tapped. This is a pain-free insertion method.

Fees

Initial Acupuncture Assessment & Treatment: \$130

Initial Women's Reproductive Health/Fertility Acupuncture Assessment & Treatment: \$130

Initial Men's Reproductive Health/Fertility Acupuncture Assessment & Treatment: \$130

Initial Pregnancy Acupuncture Assessment & Treatment: \$130

Follow-Up Acupuncture: \$90

Cupping Treatment: \$75

Community Acupuncture: \$45

OUR TEAM

Acupuncturist



Carolyn Vignola

Carolyn's upbringing was steeped in holistic medicine: From visits to chiropractors to homeopathic remedies, she understood the value of preventative care. She later found herself in beautiful Victoria, BC studying Traditional Chinese Medicine at Pacific Rim College. She graduated in 2020 with a Diploma of Acupuncture. Beyond the treatment of pain, she has a keen interest in emotional support, fertility, pregnancy and digestive ailments. She understands that the body presents differently every visit, and no two individuals are the same. This is why Carolyn embraces a holistic approach to her treatments; harmonizing mind, body and spirit. Her approach aims to treat the underlying condition to heal not only what presents but where it started from.

Through her own healing journey with acupuncture, she has been inspired by its powerful connectivity; this flows through everything she does. With a clear mind and an open heart, she holds a safe, judgement-free space for every patient. Outside of the clinic, she loves cooking up a storm of whole and nutritious foods, taking long walks, spending time with loved ones, reading and dancing like nobody's watching! (Fully bilingual in French and English.)

*"A healthy outside
starts with the inside."*

OUR SERVICES

Osteopathy

Classical Osteopathy is a wonderful option for people of all ages and abilities. Treatments consist of manual adjustments that are localized and specific and focused on relieving pressures and restrictions.

The practice is based on an extensive understanding of anatomy and physiology and is anchored by four fundamental principles:

- The body is a complete unit (mind, body, spirit)
- The body is self-healing and self-regulating
- The structure (anatomy) and function (physiology) and interrelated on all levels
- Rational treatment is based on these principles



How does it work?

Imagine tying a string around your finger. After only a short while, the string begins to affect nerve supply, blood supply, and general circulation. If you left the string on for a long period of time, your finger would stop receiving the vital circulation it needs to thrive and the tissue would eventually break down and die.

Osteopathy is about getting rid of the "strings" in your body. We look to balance restrictions and asymmetries so that every tissue, everywhere, has exactly what it needs to be the healthiest it can be.

Initial assessments include a health history intake and a physical assessment, followed by treatment. You are not required to undress for Osteopathic sessions, though it is recommended you wear comfortable, non-restrictive clothing, such as yoga pants/shorts and a tank top/t-shirt/sports bra.

Fees

Initial Assessment & Treatment: \$130

Initial Youth Assessment and Treatment (5 years and younger): \$130

Follow-Up Treatments: \$90

Follow-Up Youth Treatment: \$90

Osteopathic Practitioners



Geneviève Zizzo, Owner

Geneviève is continually amazed by the body's natural ability to heal itself. It's that sense of excitement that has driven her long and varied career in natural healthcare – and that still drives her in her work as a Manual Osteopathic Practitioner and Clinic Owner at Full Circle Health Network. She loves being able to think through anatomy and come up with treatments that really “fit” her clients and she is happiest when she has empowered clients to take charge of their own health.



Kelly Funchion

Kelly believes there is always room for improvement when it comes to health and quality of life. With a passion for helping people and healing, and looking to find a new way of doing so, she has put to practice her manual skills since 2015 and loves that Osteopathy offers an all-natural, holistic approach, improving health and function by restoring motion through the body. Kelly has a background in rehabilitative exercise and can provide home exercises. When not treating patients, find Kelly on a volleyball court, and enjoying the outdoors!



Clarisse Mancion

Clarisse's fascination for the human body grows alongside her passion for helping people find their way back to health and wellbeing. Her belief that each patient is unique is reflected in the way she tailors her treatment plans using a range of osteopathic techniques such as structural, functional and cranio-sacral. Clarisse enjoys spending time in nature, traveling, playing the guitar, running, exploring her artistic skills and cooking wholesome meals. She looks forward to welcoming you at FCHN in English or in French!



Robin Horie

Robin is also French, and graduated from École d'Ostéopathie Holistéa in Cergy, France. He's precise and intuitive, and enjoys explaining his treatment to his patients. Robin's view is that the human body plays its own tune and the practitioner must listen to its rhythm and the variations, and to help the body become harmonious. He strives to give back the best quality of life to his patients, no matter their condition, age or ability. Robin loves to be outside and to explore other cultures. He is also passionate about every kind of music!

Loyalty Rewards Program

5,000 point sign-up bonus (no purchase necessary)

10,000 Points

- \$25 in Full Circle Products

25,000 Points

- \$100 Gift Card to Tango Nuevo, Black Dog Bistro, Atomica, Dianne's Fish Shack, or Harper's
- Self Care Package

50,000 Points

- \$225 Car Detailing Package
- \$225 Cher-Mere Spa Gift Card
- A Day of Golf

75,000 Points

- Hush Luxury Sleep Package
- County Getaway

100,000 Points

- Ste Anne's Spa Getaway
- City Break

How it Works

Our Loyalty Rewards Program aims to reward you for stepping into our Circle. For every dollar spent, you will be rewarded with 15 points. The minute you step into our clinic, our reception staff will automatically add your points to your account. For every milestone you hit, you have the ability to cash out your points and be rewarded with a gift card, Full Circle Health Network products, and more!

All you need to do is give us your first and last name, email address, phone number, your birthday (for extra points on the day!) as well as your consent. You will be notified via your phone number, however, you can opt out at any time.

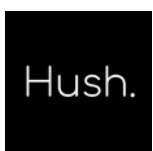
*"Let us reward you for
being part of our Circle!"*

First 60 Days: Double Points

One of the biggest advantages of working with FCHN, is we are an integrated practice. When you see more than one modality (for example, Physiotherapy and Acupuncture), we will give you two times the points for the second modality within the first 60 days of joining our Loyalty Rewards Program.

Referrals

You have the chance to earn 2,500 points when you refer a friend to our clinic. Make sure to send the link a friend, a family member and a colleague for your chance to earn more points.



Our Core Values

We would like to give you some perspective on things we truly believe in here at Full Circle Health Network.

Our core values are in no particular order

Holistic Care

Supporting whole people

We consider all aspects of a person and continue to make recommendations that meet them where they are at. We respect that every person comes in whole and complete - and our job is to support them on their journey. We continue to refer to other professionals who can support you as needed, as well as follow up to ensure your treatment and home care is having a positive impact on your life.

Accountability

Our best results come when we are at our best

We pride ourselves on being on time, fulfilling what we say we will do, meeting every deadline, and doing our very best to fix mistakes as soon as possible in a respectful and kind manner. We are responsible for our own actions and consequences.

Empowered Living

Living life in balance with gratitude

We strive to educate others on how their body and mind have the ability to heal, as well as support you to become the leader you need to be for yourself in order to take charge of your own health and life. We support others to advocate for themselves, while always practicing what we preach. We strive to live our most balanced lives as possible.

Authentic Connection

Real relationships for real results

We take time to learn about each person, while ensuring that you feel seen, heard and understood when you come to us for support. We are always present and continue to go the extra mile to help you feel valued and cared for every step of the way on your journey to wellness.

Successful Attitude

The energy we bring is the energy that moves us forward

We express clearly what we want to say at the right time with the right method in the right spirit. We always maintain a positive attitude, while remaining self-aware. We have a victor mentality, and work to support and build up those around us. We are solution-focused.

Expansion Focused

We can only be as big as our mindsets

We always keep the big picture in mind, and actively work on our mindset while knowing when it has to shift. We have trust in our team and our leadership, as well as continue to share our experiences and expertise so that we grow as a team. We constantly reflect on our goals.

Integrity

Our expertise is founded in the trust we create

We are always prepared to take on your care and needs before you walk in the door. We give the very best clinical recommendations that will help you meet and surpass your goals. We are honest and forthcoming at all times.

Get the App: Curable

Curable is an online pain psychology program, where users interact with a virtual pain coach called Clara for on demand pain relief.



How it Works

This is a very valuable tool to help decrease your pain and get back on track. Through a series of questions during the set-up process Clara gets insight into your pain and its causes. She then sends you lessons and exercises that aims to help you reverse the cycle of pain. Lessons or exercises lasts anywhere from 5 to 20 minutes. In addition, the app has a panic demand for on-demand pain relief.

On Demand Pain Relief

Curable is built on a "biopsychosocial" approach to pain and has shown significant results across clinical studies. Curable's unique design translates this approach for people, to help address pain from multiple angles - physical, emotional, and psychological. By retraining the brain to process pain differently, Curable can help to reduce pain symptoms and help you gain more control and range of motion with each session.



Join with Us: Get 6 Weeks Free

When you join through our clinic, you can enjoy six weeks free! After the six weeks, pricing consists of \$12.28 monthly for unlimited access widespread access to evidence-based, safe, and effective chronic pain solutions for all those in need.

In your first 30 days of using the application, Curable is committed to helping you on your path to effective pain-relief and will give your money back if you do not find relief.

To join, let us know by phone, email or in person and we will set up your account with six weeks free.

Get in Touch

Whether you choose to call our clinic directly, send us an email, book online or send us a survey submission, there are many ways to get in contact with us!

Clinic Phone & Email Address

(613)-766-3503

info@fchn.ca

Online Booking System

Our online booking system is available at www.fchn.ca

Our online booking system is structured in a way that you can see each practitioner's full calendar and availability. From there, you have the ability to choose a date and time, and book right online! A confirmation email will be sent to you, as well as appointment reminders that will be sent directly to your phone and email account at least 24 hours before your appointment.

Free Information Call

Each practitioner offers a Free 15-minute Information Call

Have a few questions you want answered before you book with us? The Free 15-minute Information Call is for you! Every practitioner in the clinic offers an information call, where you have the chance to ask questions directly to the practitioner you want to see, as well as ask how they can help you. All information calls can be booked online or through contacting our clinic directly.

Free Customized Health Plan

Not sure where to start?

This 3-minute survey helps you find which holistic modality is right for you.

Available on our website, our Health Questionnaire is great for attempting to figure out which holistic wellness modality is right for you. By answering a few questions, your survey will be sent directly to our email address. From there, a member of our team will assess your answers, and work with you directly to come up with a treatment plan that works best for you.

OUR TEAM

Administration



Samantha Turcotte *Practice Manager*

Samantha's approach to holistic wellness has been embedded in her everyday life, beginning with her background in nursing and long-term care. Sam had sought out alternative holistic care for her own healing, and soon embodied the philosophy that there is more than one path to wellness. Sam works alongside her team to help implement that philosophy at the clinic, all while continuing to further her own knowledge and continue to teach those on the benefits of holistic wellness.

In her free time, you can find same at the hockey rink coaching a team or playing a game herself! Her love for sports and the outdoors is unconditional, much like her love for holistic wellness.



Sasha Parrell *Administrative, Social Media, and Marketing Assistant*

Sasha's love for social media started with the dawn of Myspace in 2003, and the rest is history. Born into a military family, Sasha grew accustomed to moving cities every 2-4 years and loved how these social platforms allowed her to stay connected to family and friends regardless of distance. When she realized specializing in social media could be a career, she was sold. Sasha now has an advanced diploma and an honours bachelor's degree in Advertising and Marketing Communications Management from SLC Kingston and TU Dublin-Tallaght in Ireland.

In her free time, Sasha loves to travel, see concerts, write for her blog, or curl up and watch a good movie. When she's not working or travelling the globe, you're sure to catch her at home cuddling her cats Seven and Peewee (cute, right?!).

FAQs

Is there parking?

The Woolen Mill has free parking surrounding the entire building.

Are there bike racks?

There are several bike racks just left of the East Wing doors. Once through these doors continue until the end of the hall, and we are the last suite on the right.

Is there clear signage?

Unfortunately as the Woolen Mill is a historic building, we do not have much signage out front.

Is the clinic accessible via the bus?

Yes. However, the nearest bus stops are a 10 minute walk from the Woolen Mill. Taking bus route #1 is close.

Is there direct billing?

We do not handle direct billing, however, we can email or print your invoice for ease.

Are there walking paths along Lake Ontario?

There is a newly renovated accessible walking and bike pathway that run along the lake and directly in behind our building.

Is the facility wheelchair accessible?

Yes. Every entrance into the building is wheelchair accessible.

Is there a Covid-19 screening form?

Yes. After you book with us, before each appointment we will send you a COVID-19 screening form which we ask you fill out before each appointment.

Still Have Questions?

Feel free to contact our clinic directly at 613-766-3503 or by email at: info@fchn.ca